

GRADE 9 | SOCIAL
HOW TO ACCEPT A COMPLIMENT

Giving and Receiving Compliments and Criticism

GIVE A COMPLIMENT – It's one of the greatest gifts you can give someone, and it's free!

RECEIVE A COMPLIMENT

When we turn down a compliment, we invalidate the givers feeling. Understand what deflecting a compliment is really about. The ways of discounting a compliment include: suggesting that it was nothing or that someone else could have done it better, thinking that the compliment or must be after something from you, being embarrassed and blushing or giving a compliment in return, being sarcastic or insisting that the complimentor doesn't mean what they say. Each of these ways of deflecting a compliment results in putting down both yourself and the giver of the compliment, so they're not actually very giving or kind responses.

When accepting the compliment as it is, even if it's not something you agree with, keep the reply simple and stay focused on the fact of receiving the compliment and be appreciative that the person was happy to compliment you. Some examples are:-99-

- "Thank you very much" or just "thank you". These are simple, timeless classics that should be easy enough to utter even if the compliment has caught you off guard. If that's all you can think to say, leave it at that.
- "Thanks, I appreciate that."
- "Thank you; that's a really lovely thing to say."
- "Thanks - that makes me feel really good."
- "Thanks. That means a lot to me."
- "Thanks, you're a kind person."

When accepting a compliment in a way that shows that you're appreciative of the substance of the compliment, this can really help to make the person giving the compliment feel that they've hit the right spot. Some examples are:

- "Thanks. I'm really glad you noticed that because it's something I'm proud of too."
- "Thanks! I'm so enthusiastic about this project, so it's great to know you are too."
- "Thanks. I like it too – that's why I bought it even though I had to save up for ages."
- "Thanks. I had fun making it and it's great to know you like it."
- "Thank you! I tried really hard." This is a really good response when somebody has praised your effort, as there is never any harm in acknowledging effort and that the outcome wasn't simply a fluke.

It's often good to use the compliment to further conversation. Say something like: "Thanks!

When taking a compliment, smiling says a lot without requiring you to say anything. You've probably earned it, so enjoy your moment in the spotlight. Also, pay attention while you're being complimented. If you give a person a half-hearted reply such as "whatever" or "mhm", don't expect that person to be quick to compliment you again. An expressive "thank you" is much better than a dreary "uh-huh".